

DNREC's Delaware Becoming an Outdoors-Woman weekend set Sept. 20-22 at Lums Pond State Park

Participants in an Introduction to Archery class at a DNREC sponsored BOW weekend. This year's event is Sept. 20-22 at Lums Pond State Park

Registration deadline is Sept. 6 for state's 21st BOW event

DOVER – Delaware's 2019 Becoming an Outdoors-Woman (BOW) program is set for the weekend of Sept. 20-22 at Lums Pond State Park near Bear, DNREC's Division of Fish & Wildlife announced today, with 2019 marking the 21st year the state has hosted the internationally-recognized women's outdoors program. Delaware BOW registration deadline is Friday, Sept. 6.

BOW offers a variety of one-and-a-half hour and three-and-a-half-hour courses taught by volunteer instructors who share their expertise and provide instruction in a safe, supportive, and non-competitive atmosphere. The cost of participating in the full BOW weekend is \$140, which includes meals, lodging, instruction, and use of necessary equipment and supplies. The cost of participating in only Saturday's BOW courses is \$110, including meals, instruction, and use of necessary equipment and supplies.

Participants can choose from a wide range of hands-on courses, including Kayaking, Tree I.D., Intro to Birding, Advanced Birding, Horseback Riding, Freshwater Fishing, Fly Fishing, Intro to Rifle Shooting, Intro to Archery, Advanced Archery,

Firearms Cleaning and Maintenance, Cooking Your Catch, Wild Game Cooking, Urban Gardening, Zip Lining, Rock Climbing, Native Plant Walk, and a Nature Hike.

A specialty course this year at BOW is a mentored crossbow deer hunt. The course involves learning how to safely use a crossbow and taking part in a mentored deer hunt at Lums Pond State Park. Participants in the hunt are required to have a Delaware hunting license or License Exempt Number and, if born on or after January 1, 1967, a hunter education certification prior to the event. Each hunter will be partnered with a mentor who will guide them during the managed hunt.

BOW registration packets are available online at <http://de.gov/bow>. Completed registration forms with payment should be sent to: Delaware Division of Fish & Wildlife – BOW, 2992 Lighthouse Road, Milford, DE 19963. For more information, contact Lynne Pusey at 302-422-1329 or email: lynne.pusey@delaware.gov.

Scholarships are available for the state's BOW event through the Delaware Friends of BOW. To apply for a scholarship, candidates should complete the BOW scholarship application form on the website at <http://de.gov/bow>. Once completed, scholarship application forms should be sent to Delaware Friends of BOW, 410 Cornish Road, Harrington, DE 19952.

While BOW is designed primarily for women, it offers an opportunity for anyone 18 or older to learn skills that allow them to participate in numerous outdoor activities. Since the first BOW event was held in Wisconsin in 1991, this exciting international program has expanded to 38 states and six Canadian provinces with more than 80 workshops offered each year. The main goal of the BOW program is to provide women the opportunity to learn skills that encourage and enhance participation in outdoor activities, such as hunting, shooting, fishing, boating, wildlife-viewing, and other activities.

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